



# SUPERBLOOM SPIRITUALITY

## AWAKENING THE SOUL IN CALIFORNIA'S SEASON OF BLOOM



**HOSTED BY: MARK MITCHELL**, LMFT

### A 3-Hour Immersive Workshop

California's Superbloom is more than a botanical event — it is a living parable of renewal, resilience, and divine timing. After seasons of drought & fear, hidden seeds burst into color and life.

This workshop invites participants to explore the spiritual symbolism of the Superbloom and connect it to their own cycles of dormancy, awakening, grief, hope, and transformation.

Mark Mitchell LMFT is a coach, psychotherapist, and educator for over 40 years.  
Visit [www.MarkMitchellhelps.com](http://www.MarkMitchellhelps.com)

This experience offers a peaceful setting to slow down, reflect, and reconnect — with time to enjoy the retreat grounds, quiet outdoor spaces, and the chapel for prayerful stillness.

Participants will engage nature, scripture, contemplative practices, creativity, and community dialogue in a deeply experiential format, creating space to notice what may be stirring beneath the surface and where new life may be ready to emerge.

Come as you are — and allow this season of bloom to awaken the soul.

SATURDAY  
**April 11, 2026**

9:00 AM - 12:00 PM  
\$50 Per Person

**REGISTER  
ONLINE**



Register online or contact José at 310-377-4867 ext. 250, [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org)  
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